CHALLENGING DIMENSIONS OF DRUG ABUSE AND ADDICTION AMONG ADULTS: A SOCIO-LEGAL ANALYSIS WITH SPECIAL REFERENCE TO KANGRA AND KULLU DISTRICTS OF HIMACHAL PRADESH

SYNOPSIS

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1. INTRODUCTION

Drug abuse is the major social problem which is overwhelming the youth all over the world, but its extent and characteristics differ from region to region. Drug abuse has become a big problem in our country especially in these states Manipur, Mizoram, Nagaland, Himachal Pradesh, Punjab, Haryana, and Western Rajasthan. Punjab and Manipur are at the top of this list. Illicit drug abuse not only affects the health and lives of individuals but also undermines the political, social, and cultural foundation of all countries. Problems of drug dependence produce dramatic costs to all societies in terms of lost productivity, transmission of infectious diseases, crime and excessive utilization of health care.[1]

Drugs are being used in various forms we can categorize it in three ways; the first category is of drugs which are being used usually like - cough syrups, pain killer ointments. The second category is of those things which are being used for intoxication like - alcohol, tobacco, heroin, cannabis, opium. The third category is of those things which are not an alcohol or drug but it can be used for intoxication like - glue, colophony, paints, gasoline and cleaning fluids, whitener. The Indian legislature is constantly trying to eliminate the problem of misuse of drugs by making the law to achieve the goals of international treaties and conventions under which India is a signatory country.[2]

Drug addiction causes massive human distress and illegal production and distribution of drugs have spawned crime and violence worldwide. Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Millions of drug addicts all over the world are leading miserable lives, between life and death. The epidemic of substance abuse in young generation has assumed alarming dimensions in India. Changing cultural values, increasing economic stress, and dwindling supportive bonds are leading to initiation into substance use. According to a UN report, 1 million heroin addicts are registered in India and unofficially there are as many as 5 million.[3]

Drug abuse refers to use of certain chemicals for the purpose of creating pleasurable effects on the brain. Cannabis, heroin, opium, and hashish are the most commonly used drugs in India after alcohol and tobacco. However, some evidence indicates that there is an

[1] Shekhar Saxena, *Alcohol and Drug Abuse* (New Age International (P) Limited Publishers, New Delhi, 2003).
[2] *Ibid*
[3] K. Kulsudjarit, Drug problem in southeast and southwest Asia. *Ann N Y Acad Sci.* 2004.

increasing prevalence of methamphetamine as well. Drug users are mainly young and predominately male. The study conducted by Institute of Development and Communication revealed that a majority of drug abusers, i.e., 70% had rural background and were hooked to drugs and opium which they procured from village chemists.[4]

Under the NDPS (Narcotic Drugs and Psychotropic Substances) Act, it is illicit for a person to produce or manufacture/cultivate, possess, sell, purchase, transport, store, and/or consume any narcotic drug or psychotropic substance. The Narcotics Control Bureau was set up under the NDPS Act with effect from March 1986. The Narcotics Control Bureau (NCB) is the chief law enforcement and intelligence agency of India vested with the responsibility to fight drug trafficking and the abuse of illegal substances.[5]

1.2 Drug Abuse and Addiction

Drug abuse is the general term used to describe the excessive and habitual use of some kind of substance such as alcohol, marijuana or cocaine. These drugs typically lead to loss of physical and emotional control and render the person into a state of intoxication. Drug abuse is also known as Substance Abuse and is considered to be a medical problem that develops over time after prolonged use of drugs because they are harmful to the body. Previously, drug abuse referred to the abuse of illegal or hard to obtain drugs, but over the years prescription drugs, alcohol and tobacco have become the leading causes of drug abuse. Drug addiction is a complex neurobiological disease that requires integrated treatment of the mind, body, and spirit. It is considered a brain disease because drugs change the brain — they change its structure and how it works. Without treatment, these brain changes can be long lasting. Addiction is chronic, it is progressive, and if left untreated, it can be fatal. Individuals struggling with drug addiction often feel as though they cannot function normally without their drug of choice. This can lead to a wide range of issues that impact professional goals, personal relationships, and overall health. Over time, these serious side effects can be progressive, and if left untreated, fatal.[6] The term drug abuse, applies only to instances in which people take drugs to change their moods and in which they experience impaired behavior as a result of doing so. It refers to persistent, excessive often illegal drug

[4] Saroje Sanon, *Drug Addiction, Substance-Abuse, Alcohol Addiction, Practical guidelines for success oriented, de-addiction and rehabilitation* (Blue Rose Publishers, New Delhi, 2020).
[5] Akash Gulalia, *Alcoholism and Substance Abuse Prevention in India* (Mohit Publications, Delhi, 2010).
[6] *Ibid*

use which occurs in a manner not acceptable to the normal medical practice. The misuse of all kinds of legal and illegal drugs is referred to as drug abuse. When someone is an addict, the dependence on the drug is psychological and physical. It is an illness that is not within the control of the individual. Once someone is abusing drugs, it's a habit that they continue even though their actions begin to harmfully impact their lives and their ability to function normally. Drug addiction often begins with drug abuse. It is possible and likely that continued drug abuse will eventually evolve and develop into an addiction, especially if the abuse begins at a young age.[7]

1.2 Types of Addictive Drugs

There are different types of drugs in the market and each type of drug causes different kinds of effects in your body.

(i) Stimulants- Stimulants are a category of substances which include medical drugs, illegal street drugs and commonly used substances such as caffeine and nicotine. These drugs increase the user's level of alertness, pumping up heart rate, blood pressure, breathing and blood glucose levels. These drugs excite or speed up the central nervous system. The younger generation is badly attracted to these drugs.[8]

(ii) Opioids- Opioids also called narcotic drugs are often used as a pain reliever. They work by lowering the pain signals received by your brain. They also change the way your brain responds to pain. Opioids are usually safe to use, but if consumed in an uncontrolled way they can become very addictive. Opioids can be smoked, eaten, drank, injected or taken as pills. After too much use of opioids brain starts to depend on it and stops producing its own. Commonly used opioids are Heroin, Morphine, Codeine, Hydrocodone.[9]

(iii)Depressants- The common depressants are prescribed to help with symptoms like insomnia, anxiety, panic and acute stress reactions. It works by slowing down the

[7] Nishka Prajapati**, "**Patterns of Drug Abuse" *available at***:** http://www.legalserviceindia.com/legal/article-2842-types-and-patterns-of-drug-abuse.html (last visited on October 10, 2021).

[8] *Ibid*

[9]Dipu Rai, "All you know about drug abuse and substance abuse India" *available at*: https://www.indiatoday.in/diu/story/all-you-need-to-know-about-drugs-substance-abuse-in-india-1860644-20-04 (last visited on November 11, 2021).

activities of the brain and putting the body in a state of relaxation. Commonly used depressants are Barbiturates, Benzodiazepines, and Alcohol.[10]

(iv) Hallucinogens- Hallucinogens are a type of drug which alters the perception of reality and causes hallucinations. There are two types of hallucinogens: classic hallucinogens (psychedelics) and dissociative hallucinogens. Hallucinogens are sometimes considered less dangerous than other kinds of drugs like heroin. But hallucinogens can cause dependency, addiction, and long term adverse side effects. Some examples are LSD, Psilocybin (mushrooms), Salvia, Ketamine.[11]

(v) Cannabis- Cannabis commonly known as "weed" or "marijuana" is a mixture of leaves, flowers or stems from cannabis plants. THC (tetrahydrocannabinol) is the main active component of cannabis that leads to drug abuse. Cannabis produces relaxation sensation, mild euphoria, increased appetite and distorted perception of space and time. Commonly used forms of Cannabis are Marijuana (dried flowering tops and leaves), Hashish (dried cannabis resin and compressed flowers).[12]

1.3 Causes of Drug Abuse

There are various causes of drug abuse in India, it can be categorized as social, economic and mental causes. These causes are mentioned as below:

(i) Social Causes

In social causes, we can discuss all those social problems which are the basic causes of drug abuse. A poor relationship with parents is responsible for drug abuse among children. In most of the families we can see a huge lack of communication between child and parents and these things leads the child towards drug abuse. Sometimes we can see it become a trend among friends to take drugs by the influence of those friends who are usually taking drugs. Drug users are taking drugs because it is easily available, we can see in the border area the people are taking drugs on a large scale because it is easily available in those areas. Few of drug users are taking drugs because of their atmosphere, usually in those people who are growing up in a home where alcohol and drug abuse is considered as normal behavior. Some people only for the enjoyment of life take drug. Many of children get addicted with drug

[10] *Ibid*.
[11] Drug Addiction Explained, A Comprehensive Guide, *available at*: https://rehabs.in/learn/drug-addiction-explained/ (last visited on November 22, 2021).
[12] *Ibid*.

unknowingly and innocently and when though they come across the dangers of it they fail to leave this habit. Mostly consumed drugs were only for fun and enjoyment but later it becomes compulsion and need for them.[13]

(ii) Economic Causes

In India poverty is a curse because it creates various problems one of them is drug abuse. Financial worries lead people towards drug abuse because of mental pressure. People are producing narcotic drugs to increase income, so the production of narcotic drugs is responsible for the misuse of drugs.[14]

(iii) Mental Causes

There are mental causes which lead a person towards drug abuse situation of sadness, depression, and stress are common causes for drug abuse. Sometimes users are misusing drugs because of low self-respect. Nowadays work from home stress, pandemic blues, academic pressure is also creating stress because of this the people are misusing drugs.[15]

1.4 Problem of Drug Abuse and Addiction in India

India too is caught in this vicious circle of drug abuse and the numbers of drug addicts are increasing day by day. On 26th June, every year, International Day against Drug Abuse and Illicit Trafficking is observed across the globe to create awareness among drug abusers as well as those who are engaged in fighting against drugs. The main motto of the day is not only to control supplies of drug but also to reduce demand for drugs. The young person throughout the world has become the most vulnerable group. In India, the young men and women who constitute the best human resource of the country are the easy victim of drug abuse. The menace of drug addiction has spread fast among the youth of India. India is sandwiched between two largest Opium producing regions of the world that is the Golden triangle on one side and Golden crescent on other side. The golden triangle area comprises of Thailand, Myanmar and Vietnam. The golden crescent area includes Pakistan, Afghanistan and Iran.[16] As per the report magnitude of substance use in India released by Ministry of Social Justice and Empowerment, Government of India and National Drug

[13] Manish Yadav, "Drug Abuse" *available at*: https://www.legalserviceindia.com/legal/article-1013-drug abuse.html (last visited on January 12, 2022).
[14] *Ibid*
[15] Dharmendra Kumar Kumawat & Deepak Kumar, "Challenging Dimension of the Problem of the Drug Abuse in India: A Socio-Legal Analysis" 4 *JHSEL* 45 (2019).
[16] Sahil Trivedi, "Fighting drug addiction" *available at:* https://www.drishtiias.com/daily-updates/daily-news-analysis/fighting-drug-addiction (last visited on November 21, 2021).

Dependence Treatment Centre, AIIMS, New Delhi, All India Institute of Medical Science (AIIMS) in 2019:

- alcohol is the most abused substance in India. Around 16 crore people (14.6%) between the age of 10–75 years consume alcohol and out of them, 5.2% are dependent on alcohol.
- around 5 crore Indians reported to have used cannabis and opioids.
- it is estimated that about 8.5 lakh people who inject drugs and are addicted.
- of the total cases estimated by the report, more than half of them are contributed by states like Punjab, Assam, Delhi, Haryana, Manipur, Mizoram, Sikkim and Uttar Pradesh.
- 1.7% of children and adolescents are inhalant users as compared to adults of 0.58% and around 18 lakh children need help from inhalant use.
- about 60 lakh people are estimated to need help for their opioid use problems.[17]

More and more children are taking to alcohol consumption and the highest percentages of children who are addicted to alcohol are in Punjab followed by West Bengal and Uttar Pradesh. In terms of users, India's illicit drug markets are mostly dominated by cannabis and opioids. Cannabis in the form of bhang is legal in India. Its other forms ganja (marijuana) and charas (hashish) are illegal. Opioids are sold as opium (doda, phukki or poppy husk), heroin (brown sugar, smack) and pharma opioids.[18]

1.5 Drug Menace in Himachal Pradesh

Himachal Pradesh is eminent for its natural beauty and is one of its natural beauties and is one of the most popular tourist destinations in the world. Unfortunately, this beautiful state has also come to known for wide spread illicit cultivation of cannabis and opium poppy cultivation. Illicit drug produced in the state attract drug traffickers from all over the world. Generally, the youth seems to be the target of this drug menace and its abuse. Considerable drug addiction, particularly among the local youth has been noticed at high rate and the situation is alarming due to unchecked cultivation and spread of drug abuse over the years in the state. Drug abuse and the drug menace is the illicit, non- medical use of limited number of substance, most of drugs which have the properties of altering the mental state of a being in ways that are considered by social norms and defined by statute to be inappropriate,

[17] *Ibid*

[18] P.K.Dalal, "Changing Scenario of Addiction phychiatry: Challenges and Opportunities" *available at*: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7368435/ (last visited on 14 December, 2021).

undesirable, harmful threatening to the life of the user and to the society at large. Alcohol, heroin, cocaine, opium, charas are some of the drugs abused.[19]

In Himachal Pradesh there are 17495 villages out of which 402 villages of the following five Districts are the natural habitants of cannabis where it grows naturally. These Districts are Kullu, Mandi, Shimla, Kinnaur, Chamba and Kangra. Analysis reveals that these five districts of the State have been identified by the drug traffickers for cultivation and transporting of Cannabis at national and international level. The highest incidents were reported in Kangra (301) followed by Mandi (221), Shimla (215), Kullu (210), Bilaspur (126), Una (102), Solan (95), Sirmaur (79), Chamba (71), Hamirpur (58), Baddi (34), Kinnaur (22), CID (03) and Lahaul & Spiti (1). The main concentration on the incidents registered under this act remains on Kangra, Mandi, Shimla and Kullu with 61.06% of the total registered cases. The analysis reveals that the main source of drugs are Kullu, Mandi, Kangra, Shimla and Chamba. Further, carriers of this contraband are mostly agriculturists, laborers and poor people. The total persons apprehended under this Act 80.8% belong to Himachal Pradesh. According to data, mostly adults between 18-30 years of age are involved (55.5%) and about 34.8% were in the age group of 30-45 years. Above 45 years were 9.7%.The participation of children below 18 years is negligible (0.8%).[20]

2. PROBLEM PROFILE

The magnitude and significance of this problem is felt by all in every society. Now, the parents, teachers, police, medical officer, psychiatric and social workers express their serious concern over the alarming rise in this problem. The devastating effects of drug abuse on the family are perhaps those which pose the greatest threat to the society. When one member of a family abuses drugs be it a parent, children or other relatives it causes disruption and disharmony within the family and every family members.

The most dreadful part of the problem is that if the youth use drugs and involved in crime then their entire future become dark. Increasing drug abuse is a very serious problem of the society than other social problem. Drug abuse is illegal because of various reasons, so it should be prevented. We have various obligatory laws to prevent it but we are still facing the

[19] Himachal Pradesh, State Crime Records Bureau, *available at*: http://citizenportal.hppolice.gov.in/citizen. (last visited on December 25, 2021).
[20] *Ibid*

problem of drug abuse because of lack of implementation and lacunae in existing laws. There are many reasons adults use these substances, including the desire for new experiences, an attempt to deal with problems and simple peer pressure. The family environment is also important: violence, physical or emotional abuse or drug use in the household increase the likelihood and adults will use drugs. The use of intoxicated drugs is a serious socio-economic problem in our country.

The Indian legislature is constantly trying to eliminate the problem of misuse of drugs by making the law to achieve the goals of international treaties and conventions under which the India is a signatory country. These international treaties and conventions are as follows: Convention on Narcotic Drugs, 1961, Convention on Psychotropic Substances, 1971, Convention against Illicit Traffic in Narcotic Drugs and Psychotropic Substances, 1988, Transnational Crime Convention, 2000. Indian Parliament has enacted two Central Acts: Narcotic Drugs and Psychotropic Substances Act, 1985, and Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances Act, 1988. The Narcotic Drugs and Psychotropic Substance Act does not make adequate distinctions between a casual drug user, a hard addict, a petty peddler and a seasoned drug trafficker, so there should be a proper demarcation between these four types of drug abusers. This Act does not make any meaningful distinctions between hard and soft drugs which are the reasons why many drug users resort to hard drugs so there is a need of different punishments for soft and hard drugs.

3. LITERATURE REVIEW

The review of literature is an important part of the preparation of a research study. The literature review is a summary of what has been published on a topic by attributed scholars and researchers. The researcher has highlighted the findings of some of the studies related to this topic which helps to undertake the present study in a systematic manner. The researcher has gone through various books relating to the research topic. Such works are:

Giriraj Shah in his book, "*Drug use, abuse and Preventive Measures*"[21] has contains twenty two chapters which are relating to history of drugs, drug use and abuse, addiction, youth and United Nations position of drug crimes. It mentioned that drug habit is defined as a condition which results from the continued use of a drug, which does not cause much harm

[21] Giriraj Shah, *Drug Use, Abuse and Preventive Measures* (Anmol Publications Pvt. Ltd., New Delhi, 1999).

to the individual or society. He also discuss that there is a growing awareness that modern approach to crime prevention and control should rely on comprehensive means.

S. K Reddy & Gupta's (2004)[22] report traces the past, present and future of tobacco control in India. It discusses about the historical background of India on substance abuse. It gives special importance to the role of civil societies as they create awareness and advocate for regulations on tobacco products.

Ahmad Nadeem et. al (2009)[23] article focuses on the consequences of drug abuse on different aspects such as economic, social and cultural. Besides from affecting the financial stability, addiction increases conflicts and causes untold emotional pain for every member of the family. The damage to the physical, psychological and intellectual growth of the youth is very high. The consequences related to women include domestic violence and infection with HIV as well as the financial burden. India has braced itself to face the menace of drug trafficking both at the national and international levels.

S.P.Kar in his book, "*Narcotics: Crime, Terrorism and Control*"[24] has contains 8 chapters relating to abuse of drugs and role of International bodies. It also contains the meaning of drug, classification of drugs, drug trafficking and also discuss about the role of International bodies which help to prevent the drug abuse and drug trafficking.

United Nations Office on Drugs and Crime (UNODC) and the Ministry of Social Justice and Empowerment (2019)[25] had pointed out that around 73.2 million people in India are drugs users. Out of the 73.2 million, 8.7 million are cannabis users, 2 million of opiates and various other illicit drugs.

Akash Gulalia in his book, *Alcoholism and Substance Abuse Prevention in India*[26] has contains seven chapters each serving different objectives. He laid down the information about drug abuse, present scenario of the problem approaches to supply and demand and strategies of government to control the problem. He focused on alcohol and drug abuse prevention and rehabilitation programme in India.

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[22] S. K Reddy and P.C Gupta, "Tobacco control in India", Ministry of Health and Family Welfare, Government of India, New Delhi (2004).
[23] Ahmad Nadeem et. al. (eds.), *Substance Abuse in India*, (Pravara Med Rev, 2009).
[24] S. P Kar, *Narcotics: Crime, Terrorism and Control* (K.W. Publishers Pvt. Ltd., New Delhi, 2009).
[25] Atul Ambekar et. al., "Magnitude of Substance Use in India" Ministry of Social Justice and Empowerment Government of India (2009).
[26] Akash Gulalia, *Alcoholism and Substance Abuse Prevention in India* (Mohit Publications, Delhi, 2010).

Vartika Saxena et. al (2010)[27] study was conducted to know about the socio-demographic characteristics of substance abusers among college students in Dehradun. It was found that students belonging to urban areas, non-vegetarian by diet, and Hindu by religion were found to be at 18 an increased risk of developing substance abuse behavior.

Pratima Murthy et. al (2011)[28] study covers the topic of substance use and addiction research in India. It covers the topic in different extents such as: epidemiology, clinical issues, biological studies, interventions and outcomes as well as community interventions and policies. It critically discusses about the need of standardized tools for assessment and monitoring of substance use.

Adidela Praneeth Reddy et. al (2014)[29] conducted a study on prevalence and pattern of substance abuse among street children and adolescents among 603 street children and adolescents. More prevalence observed among the age group 11-14 and dropped out of school. Smoking tobacco and inhalational abuse are more when compared to other types of substance abuse. Correction fluid and glues are generally used by them as inhalants. Influence of peer pressure acted as the major factors of influence of drug abuse. Among the samples 52.80% samples were aware about the ill effect of drug abuse and 41.2 were not aware about the ill effect of drug abuse.

Saba Sultan Rana et. al (2015)[30] have conducted a survey on consequences of drug abuse among male and female population. The most obvious effect of drug abuse which are manifested in the individual include ill health, sickness and ultimately death. Data of male female drug users collectively are 1000 in number. 700 addicts attempted the questionnaire and chi-square test to find the association between the variables. The social life is also not spared by the hazardous impact of drug abuse. Abusers age, level of awareness about drug adverse effect their encounters to health ailments including the life threatening infection HIV, and involvement in the crimes were included in the survey which was carried out in order to assess the magnitude of problem.

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[27] Vartika Saxena et. al, "A study on substance abuse among school going male adolescents, Dehradun" 54 *IJPH* 190 (2010).

[28] Pratima Murthy et. al., "Substance use and addiction research in India" 25 *IJP* 52 (2010).

[29] Adidela Praneeth Reddy, "A study on prevalence and pattern of substance abuse among street children and adolescents in Stte of Andhra Pradesh" 4 *IJFALS* 1 (2014).

[30] Saba Sultan Rana, "Consequences of drug abuse among female and male: A statistical surveyed approach"4 *IJCS* 20 (2015).

K.M.Sharma & S.P.Mango in their book, "*Narcotics Drugs and Psychotropic Substances Laws"*[31] has discussed about the rules, orders and notifications which includes Narcotic Drugs and Psychotropic Substances Act, 1985, Narcotic Drugs and Psychotropic Substances Rules, 1985, Narcotic Drugs and Psychotropic Substances (National Fund for Control of Drug Abuse) Rules, 2006, Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances Act, 1988 etc.

Dr. Manjeet Singh et. al. (2017)[32] study was conducted on prevalence patterns and familial aspects of substance use among adolescents in North India and it was found that prevalence of substance use was seen in 52.7% students belonging to age group 19 to 21 years. More prevalence of substance use was found among law students (76.2%) followed by the students from Art stream (62.5%). Among the users alcohol was most commonly used (53.5%), followed by smokers (27.3%), tobacco chewers (8.2%), cannabis (6.8%).49% of the users were using substances on daily basis, followed by 23% who were using weekly. About 29.3% of users had father using any substance.

Jyotika Singh & Pradeep Kumar Gupta (2017)[33] study covers that drug addiction has become a worldwide problem and the leading cause of death. The global problem of addiction and drug abuse is responsible for millions of deaths and millions of new cases of HIV every year. In recent years, India is seeing a rising trend in drug addiction. The most common use of drug in India is alcohol, followed by cannabis and opiates. The National level survey conducted on drug use in India indicated that prevalence of drug abuse among males in the general population is significant. Drug abuse among women exists. Despite the fact that more men use drugs than women, the impact of drug use tends to be greater on women, because women lack access to care for drug dependence. Adolescent drug abuse is another major area of concern because more than half of the person's with substance use disorder are introduced to drugs before the age of 15 years. At present, there exists a significant gap in service delivery.

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[31] K.M.Sharma & S.P.Mango, *Narcotics Drugs and Psychotropic Substances Laws* (Kamal Publishers, New Delhi, 2016).

[32] Dr. Manjeet Singh et. al., "Substance abuse in Children and adolescent: A Retrospective Study" 5 *IJMR* 352 (2017).

[33] J Singh and P K Gupta, "Drug Addiction: Current Trends and Management" 4 *IJIP* 5 (2017).

Dharmendra Kumar Kumawat (2017)[34] study covers the drug abuse is current problem and it creates undergrowth problems like poverty, unemployment, irresponsibility towards family. This study is an attempt to discuss the causes and solution of the problem of drug abuse. The causes of drug abuse can be categorized in three ways social, economic and mental causes. At present we have various laws to prevent drug abuse but there is lack of implementation in it. Social responsibility is also important to curb the problem of drug abuse and this study is an effort to recommend social as well as legal responsibilities to curb it. He also focusing on the problem of drug abuse and analyze the existing law related to curb the problem of drug abuse in India. It is an assessment on policies of government relating to supply of drugs and its appropriate inspection.

A Avasthi and A Ghosh (2019)[35] study covers that, in the last three decades (the Ministry of Social Justice and Empowerment has conducted two nationwide drug surveys, published in 2004 and 2019. The results of these surveys suggest that drug use in India continues to grow unabated. The use of opioid has increased from 0.7 per cent in the previous report to a little >2 per cent in the present one in terms of magnitude from two million to more than 22 million. Heroin has replaced the natural opioids as the most commonly abused opioids. The uses of other synthetic drugs and cocaine have also increased significantly. India has taken early and decisive steps to address drug problems. Although the government has dedicated several programs and policies at its disposal, there is a need to improve the current programs (to address the unmet needs), to have a coordinated effort between Ministries, incurring uniformity at the policy level, to make scientifically informed choices and to strengthen the supply reduction chains.

Diwakar Sharma in his book, "*Drug Addiction and Drug Abuse*"[36] has discussed various types of abused substances and the contribution of drug trade to global economy. He has pointed out the legalization and decriminalization of drugs.

Puneet Puri in his book, "*Drug Abuse: Problem Management and Prevention*"[37] has discussed about the trends and patterns of drug trafficking in the country which demonstrate

[34] *Supra* note 15
[35] A. Avasthi and A. Ghosh, "Drug misuse in India: Where do we stand & where to go from here?" 4 *IJMR* 55 (2019).
[36] Diwakar Sharma, *Drug addiction and Drug Abuse* (Caliber Publishers & Distributor, Delhi, 2020).
[37] Puneet Puri, *Drug Abuse: Problem Management and Prevention* (Walnut Publication, Odisha, 2020).

the gradual shift from traditional and natural drugs towards synthetic drugs that are being trafficked. Trafficking of drugs takes place overwhelmingly through land borders followed by sea and air routes. He has also discussed the problem through the strategy of drug supply and demand reduction, which involves enacting laws, co-operating with voluntary organizations, securing its borders and coasts by increasing surveillance, as well as seeking the active cooperation of its neighbors and the international community.

Dr. Saroje Sanan in her book, "*Drug Addiction, Substance-Abuse, Alcohol Addiction*"[38] has discussed the different aspects of the basic personality of the addict, his behavioral changes due to drug abuse and the expected role of the family. She has pointed out the other related aspects of the management of the addict during de-addiction treatment and his recovery. She has suggested various platforms of awareness programme on addiction menace.

Dr. Namita Sinha in her book, "*Prevalence of Drug Abuse*"[39] has discussed about the meaning, history and classification of drugs. She has pointed out the psychological and social factors related to drug abuse. Anxiety, extraversion, neuroticism have considered the main psychological factors and caste, types of family, religion, income have considered as a social factors related with drug abuse.

Pushpita Das in her book, "*Drug Trafficking in India: A Case for Border Security*"[40] has discussed about the trends and patterns of drug trafficking in India as well as traces the routes through which drugs are trafficked from across the borders and the nexus between drug traffickers, organized criminal networks and terrorists. She has also assesses the measures adopted by India to better secure its borders.

4. OBJECTIVES

1) To explore the dimensions and reasons of drug abuse and addiction in Kangra and Kullu districts of Himachal Pradesh.
2) To find out the substances used by adults and examine the harmful impacts of drug addiction.
3) To study the role of Government for prevention of drug abuse among the adults in Kangra and Kullu districts of Himachal Pradesh.

[38] Dr.Saroje Sanan, *Drug Addiction, Substance-Abuse, Alcohol Addiction, Practical guidelines for success oriented, de-addiction and rehabilitation* (Blue Rose Publishers, New Delhi, 2020).
[39] Dr. Namita Sinha, *Prevalence of Drug Abuse* (Red Shine Publication Pvt. Ltd, Gujarat, 2021).
[40] Pushpita Das, *Drug Trafficking in India: A Case for Border Securityt* (Institute for Defence Studies and Analyses, New Delhi, 2021).

4) To explore the legal possibilities for reducing the drug abuse among the adults.

5. HYPOTHESES

It is hypothesized that;

1) Participation in peer group taking drugs tends to motivate adults more easily and more often to use drugs.
2) Proper implementation of legal framework for the prevention of drug abuse is inadequate.

6. RESEARCH METHODOLOGY

The research work is empirical in nature. The relevant material is collected from primary and secondary sources. The primary data is collected with the help of well-structured questionnaire. The questionnaire is included with the domains like socio-demographic profile of the subject, types of substances used and patterns of substances use etc. The analysis or assessment would be based on the assumption that drug abusers which include addicts would be identifiable from the records of various establishments such as government agencies responsible for enforcement of drug laws, de-addiction and counseling centers concerned with de-addiction, after care and rehabilitation of addicts etc. The de-addiction, counseling and rehabilitation includes, hospitals, de-addiction and counseling centers and government agencies includes, police, social welfare department and jails etc.

The secondary sources of data are Indian statutes like Drugs and Cosmetics (Amendment) Act, 2008, Narcotic Drugs and Psychotropic Substances Act, 1985**,** Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances Act, 1988, Indian Penal Code, 1860, annual reports of the Narcotics Control Bureau, Central Bureau of Narcotics, International Narcotics Control Bureau and Himachal Pradesh crime record bureau, articles from journals, newspaper reports on drug seizure and addiction, books, case laws and internet surveys etc. are perused for collecting information and data relating to drugs.

7. UNIVERSE OF STUDY

Drug abuse and addiction is restricted to abuse of substance by the adults of Kangra and Kullu districts of Himachal Pradesh. It includes the effects of these substances on the mental and physical health of the adults. The reason to confine this study is that Kangra district has

highest percentage of population among all the districts of Himachal Pradesh and also highest number of adults who abused drugs and also addicted. It is followed by Kullu district which has 201 cases and also responsible for cultivation.

8. CHAPTERIZATION

Chapter 1: Introduction

This chapter will contain the introduction including problem profile, literature review, objectives, hypothesis, research methodology, universe of study and chapterization.

Chapter 2: Historical Perspective

This chapter is used to trace the evolution of the social problem in different times, the rules in pertaining to the research problem in question, codification of rules up to the period of Independence.

Chapter 3: International Legal Framework

The text should briefly describe and analyse international conventions, declarations particularly by the United Nations Organizations and its organs and specialized agencies. The regional conventions etc may also be discussed. Landmark decisions of International Court of Justice may be included.

Chapter 4: **Constitutional and Indian Legal Framework**

In this chapter the relevant constitutional provisions, laws, rules, guidelines, recommendations of Law Commission and relevant commissions and committees formed from time to time shall be discussed.

Chapter 5: **Judicial Approach**

The relevant and landmark decisions of the Supreme Court of India, various High Courts, apex tribunals etc. shall be discussed.

Chapter 6: **Result and Discussion**

This chapter should describe the results of the study undertaken by the researcher. The socio legal relevance of the study must be discussed in context of the contemporary Indian society

Chapter 7: Conclusion and Suggestions

This section contains brief about the problem designing, literature review, research gap identification, objectives, major findings, main conclusions and research scope in the future.

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CERTIFICATE

(SYNOPSIS APPROVAL CERTIFICATE)

This is to certify that the Synopsis for Ph.D. Thesis titled, **"CHALLENGING DIMENSIONS OF DRUG ABUSE AND ADDICTION AMONG ADULTS: A SOCIO-LEGAL ANALYSIS WITH SPECIAL REFERENCE TO KANGRA AND KULLU DISTRICTS OF HIMACHAL PRADESH"**, submitted by Ms. **DEEKSHA** to the Career Point University, Hamirpur (H.P.), India in partial fulfillment of the requirements for the degree of **DOCTOR OF PHILOSOPHY** in the Department of Law, School of Legal Studies and Governance has been approved by the Research Advisory Committee (RAC) after an Oral Examination of the student on dated 10-03-2022.

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